I CLAIM:

- 1. A composition for the relief of occasional heartburn and digestive disorders, said composition comprising: honey, and raw food fibers.
- 2. The composition of claim 1, wherein said raw food fibers further comprise at least one of wheat germ and wheat bran.
- 3. The composition of claim 1, wherein said composition further comprises 20-40 weight percent wheat bran, based on the total weight of the composition.
- 4. The composition of claim 3, wherein said composition further comprises 20-40 weight percent wheat germ, based on the total weight of the composition.
- 5. The composition of claim 4, wherein said composition further comprises 20-60 weight percent honey based on the total weight of the composition.
 - 6. The composition of claim 8, wherein said honey is a non-denatured honey.
- 7. The composition of claim 1, wherein said honey has a peroxide activity amount of greater than about 5µg of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.
- 8. The composition of claim 6, wherein said honey has a peroxide activity amount of greater than about 5µg of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.
- 9. The composition of claim 8, wherein said honey has a water content of less than about 17.5%.

- 10. The composition of claim 9, wherein said composition further comprises at least one additive selected from the group comprising calcium carbonate, zinc oxide, pectin or carboxymethylcellulose.
- 11. A compressed product for the relief of occasional heartburn and digestive disorders, comprising:

a composition further comprising;

20-60 weight percent honey; and

20-40 weight percent raw food libers; based on the total weight of the composition.

- 12. The compressed product of claim 11, wherein said raw food fibers further comprise at least one of wheat germ and wheat bran.
- 13. The compressed product of claim 11, wherein said composition further comprises 20-40 weight percent wheat bran, based on the total weight of the composition.
- 14. The compressed product of claim 13, wherein said composition further comprises 20-40 yeight percent wheat germ, based on the total weight of the composition.
 - 15. The compressed product of claim 14, wherein said honey is a non-denatured
- 16. The compressed product of claim 11, wherein said honey has a peroxide activity amount of greater than about 5µg of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.
- The compressed product of claim 15, wherein said honey has a peroxide activity amount of greater than about $5\mu g$ of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of $21^{\circ}C$.



